



Health and Safety Plan

August 5, 2022 Revision

The safety of our students and staff at Albemarle Ballet Theater is always our primary concern. Our goal is to provide an optimal learning environment in the performing arts, which includes the highest possible level of cleanliness. As such, ABT, in consultation with members of the medical community, the Centers for Disease Control (CDC), and local guidelines, is developing protocols for program participation at our facilities.

All classes are held in-person at ABT. Since our staff is small, all individuals on the premises must abide by the following plan to limit disruptions such as canceled classes. ABT is providing its best effort to create a safe environment for its teachers and students.

Participation Restrictions

Students who are pending a Covid-19 test result and/or who tested positive for Covid -19 are prohibited from attending classes in-person unless they have followed the following protocol:

- If you are pending a Covid-19 test result, you must wait for a negative test result before returning to dance
- If you tested positive for Covid you must notify us so we can take appropriate measures
- If you tested positive for Covid: stay home for 5 days from the first day of symptoms or if asymptomatic, from the day the test was done. You may return to dance after 5 days if you are fever and symptom-free and if you can continue to properly mask for 5 additional days to minimize the risk of infecting others.

If you had a close contact Covid exposure, you do not need to quarantine but consider wearing a properly fitting mask until 10 days after exposure to minimize the risk of infecting others.

If you've traveled, you're encouraged to follow all [CDC Travel Recommendations and Requirements](#).

Students are also not eligible to take classes at ABT in the following situations:

- Has fever above 100.4 degrees
- Has experienced any contagious disease symptoms in the past 48-hours such as sneezing, congestion, cough, sore throat, difficulty breathing, chills, vomiting, diarrhea, rash, pink eye, or fatigue.

Your child can return to classes if they are either symptom-free for 48 hours or have been cleared by a physician. Students that have a temperature of 100 degrees or higher or exhibit any contagious disease symptoms will be sent home. If your child has allergies, a doctor's note will be required.

Please be cautious and honest for the safety of all!

Drop-Off and Pick-Up

Before Class

- The building opens 15 minutes prior to the start of the first class of the day.
- Students should wear clothing and street shoes over their leotards and tights upon entering and exiting the school.
- Students in Creative Movement - Ballet IIB, Tap I, Hip Hop I 7-9 must be dropped-off in the waiting room *inside* the building.
- Dancers should sanitize their hands before entering the studio.
- Students who are late to class may only join class at the Teacher's discretion, as this is a safety concern. Students may be asked to observe class instead.

After Class

- Please arrive at the parking lot 5-10 minutes before the scheduled class end time to be ready to pick up your dancer.
 - Creative Movement - Ballet IIB, Tap I, Hip Hop I 7-9: Please pick your dancer up from the waiting room *inside* the building. We are not liable for student's safety once class has ended and we cannot guarantee a teacher will be available to supervise your child.
 - Dancers in all other levels should wait for their ride to arrive either in the building or in the downstairs lobby. Please do not wait on the porch after dark.
- Dancers should move directly to/from the facility to their waiting vehicle before and after classes.

Minimizing Exposure

- Masks are optional inside the ABT building. ABT, at any time, may reassess its mask protocol at its discretion.
- As in the past, ABT will continue to sanitize all high-touch surfaces.
- Students and families are encouraged to use an elbow/hip instead of their hands whenever possible to push doors open or flip light switches.
- Hand sanitizer will be readily available throughout the building,
- While the bathroom is available to students and staff, we encourage all (especially young dancers) to use the restroom at home prior to coming to ABT.
- Remember to wash hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing.
- If a student or staff member that has attended classes at ABT is diagnosed with COVID-19, families of dancers in these classes will be immediately notified.
- All barres will be sanitized before and after use.
- Fans and increased HVAC have been installed in both studios to maximize air circulation.

All information outlined in this plan is subject to change and all ABT families will be notified if major changes are made.
You can find the most up to date Health & Safety Plan on our website.